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**SENATE ENDS CANADA
POST DISPUTE
MAIL MAY MOVE AGAIN
BY TOMORROW** {page 6}



**TOP SECRET
DANIEL CRAIG,
RACHEL WEISZ
GET HITCHED** {page 12}



HALIFAX

metro®

Monday, June 27, 2011
www.metronews.ca



News worth sharing.

Another kick at parking plan

- ▶ Permit-only parking around the Halifax Common on residential streets would be Monday-Friday during daytime hours
- ▶ Several pay-and-display spaces may be limited to two hours to accommodate parking demand for the skating oval



**JENNIFER
TAPLIN**
@METRONEWS.CA

A rehashed proposal for parking around the Halifax Common is making another run at Halifax regional council tomorrow.

Council defeated a “permit-only” plan in January. But the transportation committee is now proposing pay-and-display parking directly around the Common and permit parking for nearby residential streets.

“The purpose of this policy is to control the availability of parking on certain blocks to ‘outsiders’ while retaining sufficient space for the residents who live along them,” the staff report states.

Residents would get first crack at purchasing \$30 passes and the

Spaces

The proposal involves using 90 parking spots around the Common:

- ▶ 30 will be new spaces.
- ▶ 30 are currently two-hour spaces.
- ▶ 30 are currently unlimited spaces.

rest would be open to the public.

“The whole community wants it,” said downtown Coun. Dawn Sloane, adding parking-related irritation is something residents who live near the Common deal with frequently.

Staff predict pay-and-display parking would bring in \$135,000 a year from charges of \$1.50 an hour and a daily maximum of \$7.50. It would cost \$70,000 to install six ticket machines that

would cost \$1,000 a month to operate.

Revenues would be funnelled into sustainable transportation projects.

“I think that’s the only way we’re going to be able to fund the amount of transit people are demanding,” Sloane said.

While residents are thrilled, there are several organizations that aren’t: The Quinpool Road Merchants Association is worried this will take away from its parking supply, and many people who work at the QEII Health Sciences Centre don’t want to lose free on-street parking.

“Unfortunately, if you don’t live in a neighbourhood where you work, then you have to pay for parking,” Sloane said. “If you go to any other city, then you have to pay for parking.”



▶ Germany's Celia Okoyino Da Mbabi, front, and Canada's Sophie Schmidt challenge for the ball at the Women's Soccer World Cup in Berlin yesterday. Germany won the opening game 2-1. Story, page 21.

MARKUS SCHREIBER/THE ASSOCIATED PRESS

Canada comes close



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Event. Promotion



► A man calling himself Fergus Macbagpipe waves to motorists exiting onto Highway 118 at Dartmouth Crossing yesterday afternoon as he promotes the upcoming Royal Nova Scotia International Tattoo. The Tattoo begins Friday and runs to July 8 at the Halifax Metro Centre.

PHILIP CROUCHER/METRO

Tattoo promoter takes the road more travelled

Bar-fight suspects not co-operating: Police

- Fundraiser was being held in the Bedford bar when the fight broke out
- Police say each victim suffered stab wounds



JENNIFER TAPLIN
@METRONEWS.CA

Two men were injured and were not talking to police after a bar fight in Bedford yesterday. The fight started at around 2:30 p.m. at Dr. Sharp's Route 2 Roadhouse on the Bedford Highway.

Staff Sgt. Darrell Gaudet of Halifax Regional Police said two men were involved in the fight that began in the bar and spilled out into the parking lot.

"We found one person who was found with a

wound from the fight," he said.

Gaudet said another suspect linked to the fight took off in a vehicle but police spotted it on Bayers Road and pulled it over.

"As far as we know, there were only two parties involved in the fight and they're unco-operative with us," Gaudet said.

A knife and a hammer were seized from the scene, police say.

Both men were taken to hospital for treatment of non-life-threatening in-



► Police at Dr. Sharp's Route 2 Roadhouse.

juries. Charges are pending against both.

James Godwin was working in a nearby business yesterday afternoon when he spotted something unusual going on in the parking lot.

He said he noticed one man being pulled towards a car by two women. They got him into the car, but when the women left, the man returned to the bar, Godwin said.

Shortly after, another man with blood running down his face left the bar and ran towards Hammonds Plains Road.

"And then not too long after that, his buddies — hopefully they were his buddies — came out and headed in the same way," Godwin said.

Body of missing Fairview man found

A search and rescue team has found the body of a missing Fairview man.

John Donald MacInnis, 73, was reported missing on Thursday. His body was found yesterday at about 10 a.m. behind a business on Chain Lake Drive close to a wooded area in the Bayers Lake Business Park.

Staff Sgt. Darrell Gaudet of Halifax Regional Police said the medical examiner's office worked on identifying the body yesterday and foul play isn't suspected.

"Halifax Regional Police offer condolences to the family and friends of Mr. MacInnis at this sad time," Gaudet stated in a release. "Police would also like to thank the public for their assistance in calling in possible sightings of Mr. MacInnis and Halifax Ground Search and Rescue volunteers who searched long hours."

MacInnis was last seen at his Fairview home at 10:30 a.m. on Thursday. It was believed he left his house after supper. His family told police they were worried he may have been disoriented and gotten lost. ● JENNIFER TAPLIN

Location

- Searchers found the man's body behind the recycling depot John Ross & Sons Ltd in the Bayers Lake Business Park on Chain Lake Drive.

Man dies in car accident

A man is dead after a single-vehicle accident near Halifax over the weekend.

The crash occurred early Saturday on the Ketch Harbour Road.

Police say the vehicle left the road and struck a culvert.

Police say the 21-year-old victim, who was the lone occupant of the vehicle, was pronounced dead at the scene.

No name has been released.

THE CANADIAN PRESS

1

news



After arrest of Whitey Bulger, experts say the Mob is barely surviving with 'old men in diapers' in charge. Scan code for the story.

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Robbery suspects flee empty-handed

Halifax Regional Police are investigating two potentially connected attempted robberies in Dartmouth on Saturday night.

The first incident occurred around 6:25 p.m. near Lyle Street and Shore Road, when police say two

men demanded money from another man. When the man produced his wallet and showed them it was empty, the two suspects fled.

About an hour later near Windmill Road and Jamison Street, police say

another man was accosted by two men who demanded he turn over what was in his pockets.

They fled again when they decided the second victim had nothing worth stealing either, police say.

● METRO

Suspects

- Police describe the suspects as men in their 20s or 30s, both wearing hoodies. One victim is also described as having two crooked gold teeth.

Citizens, cyclists rally for paved bike lanes

► Hammonds Plains Road 'just dangerous' for bikers, walkers: Official
► Dozens of people participated in rally, which ended at local fire hall



► Some of the participants in yesterday's rally begin their walk from the Hubley Centre in Tantallon.



ALEX
BOUTILIER
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You know you could be on to something when a rally for bike lanes results in a police warning for motorists to exercise caution.

Such was the situation on Hammonds Plains Road yesterday, when a group of citizens and cyclists took to the narrow strip of road to push for bike lanes.

Debbie Bodnarchuk, a member of the Greater Hammonds Plains Communities Association and one

of the organizers for Rally for Lanes, said her group wants to see paved bike lanes along the busy stretch of road.

"We want a wider Hammonds Plains Road, a safer Hammonds Plains Road," she said.

"There (are) 15,000 residents out here, and they cannot walk, bike or jog in safety. It's a very, very narrow road."

Bodnarchuk said her group has tried to go through normal channels to draw the municipality's attention to their cause, but

"The trucks have left big ditches (on the side of the road). So, I've seen people get in trouble with cars, and if you get forced off into that on a bicycle, you'll be in trouble."

GEORGE WHITE, NEARBY RESIDENT

there hasn't been progress.

"We pay a lot of tax money ... and we need the services to keep up," she said.

Nearby Kearney Lake Road is a good example, according to Bodnarchuk.

"It's flat, it's got the wide lanes, and yet there's very few residents in and around Kearney Lake Road," she said. "But this one, we need it. We desperately need it."

George White lives in nearby St. Margarets Bay. He said he never bikes on Hammonds Plains Road due to safety concerns.

"It's congested enough with just the cars, and there are a lot of big trucks," he said.

Premiers oppose bid extensions

Premiers from the Atlantic and Pacific coasts are opposing the possibility of extending the deadline for bids on a lucrative shipbuilding contract, with one saying doing so would unfairly advantage the companies that did not make their submission on time.

The federal government announced Friday it received two requests from eligible bidders asking that the period during which companies can file their applications be extended by two months to Sept. 12.

"A further extension at this time would create the impression that the process is being adjusted to favour some bids over others," Premier Darrell Dexter wrote in a letter to Public Works.

"All the companies have known the deadline and changing the rules now



► Premier Darrell Dexter

would send the wrong message," British Columbia Premier Christy Clark added in a statement.

Companies have until July 7 to bid on a \$35-billion contract the federal government will award to two different sites. The winning shipyards will build new navy warships, coast guard cutters and other vessels as part of a 20-year shipbuilding plan.

Dexter has been lobbying hard on behalf of Irving Shipbuilding Inc. in Halifax.

THE CANADIAN PRESS

PHARMACARE

Province, pharmacists reach deal

The Nova Scotia government has reached a tentative agreement with the province's pharmacists, resolving a dispute that threatened to disrupt the sale of prescription drugs through the province's Pharmacare program.

Health Minister Maureen MacDonald said Friday she couldn't discuss details in the agreement until the deal is approved by

members of the Pharmacy Association of Nova Scotia and the provincial cabinet.

Two weeks ago, some pharmacists started telling customers they wouldn't be able to fill prescriptions for those with a Pharmacare card as of July 1.

At the time, MacDonald said she was determined to reach a deal before the deadline.

"People in the province on Pharmacare programs can be secure in knowing that they won't have to shell out cash to get their prescriptions filled," MacDonald said.

THE CANADIAN PRESS

Vote to find local hero

Teenagers and seniors from Mulgrave Park community are working together to produce a video on a local hero.

They have a few choices in mind but are asking the public to vote on which hero they should feature in their documentary. The end product will be included in a new online education tool about

Casting votes

► **Nominees.** People can cast their vote on the Mulgrave Park nominees during a town hall meeting tonight at 6:30 p.m. at the Mulgrave Park Church Hall at 5676 Sebastian St.

African-Nova Scotian history.

The East Preston community started its own similar project last year.

● METRO

OLI SCARFF/GETTY IMAGES



► The Duke and Duchess of Cambridge.

Consider it a royal calling

The Canadian Blood Services in Halifax will celebrate Prince William and Kate's visit to Canada on Thursday with what they are calling the Welcome to Canada Will and Kate blood drive and lookalike contest.

The special clinic runs Thursday from 11 a.m. to 7 p.m. at the Halifax Blood Donor Clinic at 7071 Bayers Rd.

It will include a replay of the wedding ceremony as you sit and give blood, roy-

al-themed decorations, games and even treats.

The lookalike contest runs from 11 a.m. to 1 p.m., with prizes being awarded to those best mirroring the newlyweds.

● METRO

Shanghai family discovers the beauty of good advice on Atlantic shore

While an eye for beauty is similar around the world, banking methods are very different in a new country, according to Quanhong Chen, who brought his family to Canada in 2009.

Drawn to Atlantic Canada’s peaceful beauty, Mr. Chen and his wife Li – successful beauty professionals from Shanghai – soon realized the challenges of settling in a foreign land. Fortunately, they found solid financial advice, in their native language, to unveil their goal of homeownership by the sea.

By chance, during a tour of Halifax, the family’s creative spirit was ignited when they stumbled upon a house that matched Mr. Chen’s aesthetic ideal. “I always dreamed of a home with a view of water, trees and flowers,” he recalls, describing the six-bedroom home on Bedford Basin that bore no comparison to their cramped Shanghai apartment.

But beauty seemed fleeting when their bank offered them unattractive mortgage terms due to their short Canadian credit history. On the suggestion of a friend, they visited Scotiabank where they were greeted by a Mandarin-speaking personal banking officer who explained all the details of home-buying in Canada.

“This was our first mortgage ever and we didn’t know anything about the real estate market,” says Mr. Chen. He notes that the Scotiabanker took the time to carefully explain the various mortgage options.

In fact, Scotiabank has earned considerable praise from immigrants for offering tailored services such as the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

A year after moving into their seaside home, the Chens are very happy with the service they received from Scotiabank, and Mr. Chen also appreciates the good advice he received in his native tongue, “It was so important to have a banker from our own culture who could give suitable advice. A mortgage is a very serious decision and it’s hard to talk about this topic in a new language.”

Mr. Chen also advises other newcomers to seek quality counsel from a banker who understands their concerns, including the need for credit upon arrival to help cover high settlement costs.

Now the Chen family is busy, both enjoying and enhancing the local beauty, as operators of the Cantrust Salon in Clayton Park, Halifax. “While business and banking are different here, beauty is the same – we love the friendly people, and we feel positive about our future.”

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Raising a gender-neutral society

► Breaking down gender roles is a core mission in Sweden's preschool curriculum ► Not everyone on board

At the Egalia preschool in Stockholm, staff avoid using words like "him" or "her" and address the 33 kids as "friends" rather than girls and boys.

From the colour and placement of toys to the choice of books, every detail has been carefully planned to make sure the children don't fall into gender stereotypes.

"Society expects girls to be girly, nice and pretty, and boys to be manly, rough and outgoing," says Jenny Johnsson, a 31-year-old teacher. "Egalia gives them a fantastic opportunity to be whoever they want to be."

The preschool is among the most radical examples of Sweden's efforts to engineer equality between the sexes from childhood onward. **THE ASSOCIATED PRESS**

Too far?

- Some parents worry things have gone too far. An obsession with obliterating gender roles, they say, could make the children confused and ill-prepared to face the world outside kindergarten.
- "Different gender roles aren't problematic as long as they are equally valued," says Tanja Bergkvist, a 37-year-old blogger and a leading voice against what she calls "gender madness" in Sweden.
- Those bent on shattering gender roles "say there's a hierarchy where everything that boys do is given higher value, but I wonder who decides that it has higher value," she says. "Why is there higher value in playing with cars?"



► In this file photo, children play in the garden of Egalia, a Swedish preschool aiming at gender stereotypes, in Stockholm on June 20. The taxpayer-funded school opened last year in the liberal Södermalm district for kids aged one to six.

Israel under fire for media-ban threat

Israel yesterday threatened to ban international journalists for up to a decade if they join a flotilla planning to breach the Israeli blockade of the Gaza Strip.

The warning reflected Israeli jitters about the international flotilla, which comes just over a year after a similar mission ended in the deaths of nine Turkish

activists in clashes with Israeli naval commandos.

The Foreign Press Association, which represents hundreds of journalists working for international news organizations in Israel and the Palestinian territories, condemned the Israeli decision and urged the government to cancel the order. **THE ASSOCIATED PRESS**

Opposing views

- Organizers of the flotilla say the mission is necessary to draw attention to the plight of Gaza's 1.6 million residents.
- The Israeli blockade has caused heavy damage to Gaza's economy: Unemployment is estimated at close to 50 per cent, and the territory still suffers from a shortage of badly needed construction materials.
- Israel says there is no humanitarian crisis and says the flotilla is little more than a provocation aimed at stirring up trouble.

Mail back on the move again

Mail could be moving again by tomorrow following speedy Senate approval of government legislation ordering locked-out Canada Post workers back to their jobs.

During a rare Sunday sitting, senators vigorously debated — but ultimately approved — a bill that sets the stage for resumption of mail service.

The legislation received royal assent just hours later.

Letter sorting should resume today in preparation for delivery tomorrow, Canada Post chief operating officer Jacques Côté told the senators.

THE CANADIAN PRESS



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Obama's auto-pen wields new powers

► For decades, presidents let auto-pens scrawl their signatures ► But signing a bill into law believed a first

It's the open secret that nobody in the U.S. government wants to talk about: That cherished presidential signature that's tucked away in a scrapbook or framed for all to see might never have passed under the president's hand.

Jim Cicconi, who oversaw the use of auto-pens for former president George H.W. Bush, recalls that the plastic signature templates for the machines would wear out from repeated use. Ronald Reagan had 22 different signature templates, including "Ron," "Dutch" and other iterations, says Stephen Koschal, an autograph authenticator.

But U.S. President Barack



► The Atlantic Plus, the Signascript tabletop-model auto-pen, produces a signature.

Obama took the auto-pen into a new realm.

While travelling in Europe last month, Obama directed his staff in Washington to use an auto-pen to sign into law an extension of certain Patriot Act powers to fight terrorism. The legislation had been approved by Congress at the last minute,

That didn't sit well with twenty-one Republican House members, who asked him to sign again with his real signature because use of the auto-pen "appears contrary to the Constitution."

Obama's team argued that the faux signature passed constitutional muster. **THE ASSOCIATED PRESS**

Rain. Men



► Hindu priests sit in pots filled with water as they perform "Parjanya Yagya," a ritual to bring rains through Vedic techniques, in Ahmedabad, India, yesterday.

AJIT SOLANKI/THE ASSOCIATED PRESS

Monsoons coming

The Indian Meteorological Department said on Friday that the monsoon rains could be covering almost the entire country by June 29.

Impaired truckers pose public-safety risk: Database

Truckers hauling explosive or flammable loads have killed and badly injured people after getting drunk or stoned behind the wheel, an analysis by The Canadian Press has found.

Government crash reports reveal that thousands of people who transport dangerous cargo put themselves — and others — at even greater risk by driving while impaired and not taking enough care on Canada's roads and rails.

The Canadian Press obtained the database of reported accidents involving the transport of dangerous goods under the Access to Information Act.

An analysis found sleeping drivers, carelessness and negligence and handling cargo the wrong way are just some other reasons for thousands of crashes in the last 20 years.

THE CANADIAN PRESS

20,000 Over half of the crash database's 20,000 entries list "human" error as a factor.

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Grads pressured to work for free

► Unpaid internships the new entry-level job: Experts

Young Canadians eager to launch their careers say they're under mounting pressure to take unpaid internships that promise valuable experience and a foot in the door but rarely lead to permanent work.

Unpaid internships are replacing entry-level jobs, experts say, propelled in part by the recession. But some of these positions are illegal, says Andrew Langille, an employment lawyer in Toronto, because interns are doing work typically performed by paid employees.

Many young grads, while willing to pay their dues at the office, say they can't afford to work for free, particularly while saddled with stu-



► Heather Bellingham, 26, has held a string of unpaid internships.

dent loans.

"There's people who say young people expect everything right now, they want this great-paying job," says Heather Bellingham, a 26-year-old from Oshawa, Ont., who

has held a string of unpaid internships since graduating from a film and television college program. "I don't expect a lot — I would love minimum wage."

THE CANADIAN PRESS

Bail. Out



► A BlackBerry is used to take a photo of the Taj Mahal on Oct. 14, 2010 in Agra, India.

RYAN REMIOZ/THE CANADIAN PRESS

Backing to keep RIM in motion

Even though at least two companies have recently said they're done making apps for Research in Motion, veteran developers believe there's no reason to bail on the embattled Canadian company.

Hacker group tweets its end

A publicity-seeking hacker group that has left a trail of sabotaged websites said on

Saturday it is dissolving itself. Lulz Security made its announcement through its

Twitter account. It gave no reason for the disbandment. THE ASSOCIATED PRESS

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URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



The latest issue of The Atlantic boasts a history-revisiting article about Cesar Chavez, a hero of my youth.

I read it last week as our school board moved to

expunging the name of Halifax's European founder, Edward Cornwallis, from a local junior high.

During the sixties, Chavez — an iconic, Ghandi-following, Mexican-American union leader — organized 50,000 grape pickers and lettuce harvesters to challenge California's powerful farm owners.

"Si, se puede" — Yes, it's possible — became his rallying cry. Inspired by Chavez, white liberals — me too — boycotted grapes for five years until the farm workers won a contract.

Chavez, who died in 1993, is rightly revered. His birthday is a holiday in California and seven other American states. Colleges, schools, parks, streets, even a bowling alley are named in his honour.

The Atlantic piece focuses on an "exhaustively researched, by turns sympathetic and deeply shocking" new book re-examining Chavez's life and legacy.

It claims his saintly image masked "the take-no-

prisoners, balls-out tactics of a Chicago organizer." Chavez, for example, turned over to immigration authorities undocumented workers who didn't support his union, so that they would be deported.

Later, he fell under the spell of a "sinister cult leader" became "unhinged" and even mocked his own farm-worker followers. "Every time we look at them, they want more money," he complained in one recorded conversation. "Like pigs, you know."

So ... should California cancel its holiday, rename its schools and parks?

Chavez — like Edward Cornwallis — isn't "unblemished."

That appears to be the Halifax school board's new litmus test for having a school named after you.

But no hero — no human hero — can pass that test. Not Chavez, Cornwallis, Martin Luther King, John A. MacDonald, Nelly McClung, not even "Canada's Greatest Hero," Tommy Douglas...

Edward Cornwallis helped establish Halifax, a noteworthy accomplishment to those who now call it home. But during the English-French-Mi'kmaq struggle to control the new territory, Cornwallis offered a bounty for any captured or killed Mi'kmaq, "or his scalp as is the custom of America."

The notion rightly shocks our contemporary sensibilities, but Cornwallis wasn't alone. Nor were the English. It was a nasty time.

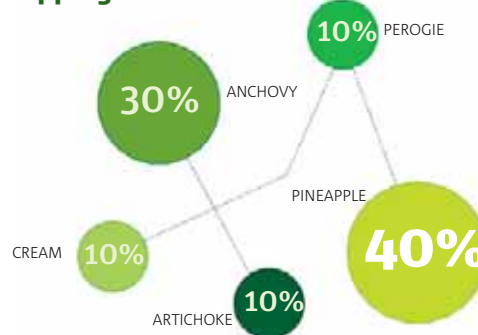
We can honour Cornwallis for his accomplishments while acknowledging not everything he did was honour-worthy.

Which is true of most of us.



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and take the quick poll

What's the most underrated pizza topping?



Local tweets



► @erinlbower: Really hoping I'm not sunburnt, so

nice out in #halifax today

► @MarcTremblay: On the plane with #greatbigsea heading to Halifax. Maybe they'll break into a song along the way, like #OrdinaryDay.

► @adamundefined: I complain about metro transit a fair bit but I do appreciate the air conditioned buses on muggy days. #transitwin #halifax

► @NWPalmer: Finally a beauty summer day in Halifax! Just finished 18 @ea-

glecrest, now for a quick #surf session!!

► @wendywalters: Summer just hit halifax in the mouth!

► @Shoe_Mom: OMG OMG. What is that bright orb in the sky over #Halifax? And can that be blue? No way. Cannot compute!

► @Tashariffic: Back in T.O. after a wonderful week in Halifax. Weather's better here but Halifax sure does smell better.

► @BROOKEMILLER2: Helloooo #Halifax! Montreal rocks, but I sure missed ya even for a couple days!

Worth Mentioning

UNIVERSE. NASA says a newly discovered asteroid will have a close encounter with Earth today, but there's no need to worry.

The space agency's Near-Earth Object Program Office says the small space rock — dubbed 2011 MD — will pass 12,000 kilometres above Earth's surface over the southern Atlantic Ocean at about 10:30 a.m. ADT.

Though it will come close, it's not a distance record holder.

Earlier this year, a tiny asteroid flew by even closer — within 5,500 kilometres.

The International Business Times reported that 2011 MD will be the fifth-closest asteroid to graze past Earth.

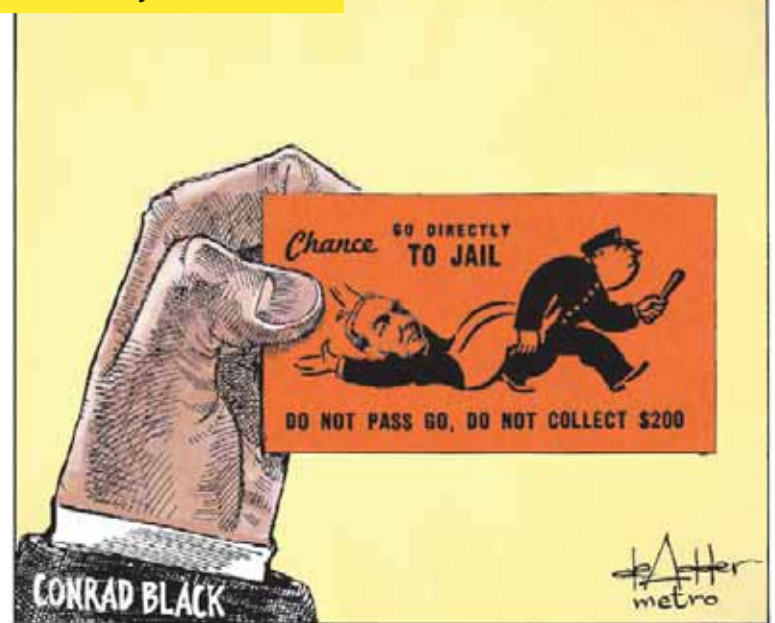
The latest asteroid measures 10 metres long and was discovered last week by telescopes in New Mexico.

Scientists say asteroids this size sail past Earth every six years.

The asteroid will briefly be bright enough that medium-size telescopes may be able to spot it.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

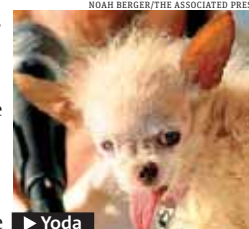


WEIRD NEWS

The award for world's ugliest dog goes to...

Yoda's short tufts of hair, protruding tongue, and long, seemingly hairless legs were enough to earn it the World's Ugliest Dog title at a Northern California fair.

The 14-year-old Chinese crested and Chihuahua mix won the



► Yoda

honour Friday at the 23rd annual contest at the Sonoma Marin Fair.

Owner Terry Schumacher of Hanford, Calif., says the two-pound dog has come a long way since she was found abandoned behind an apartment building. Schumacher says she first thought the pooch was a rat.

Yoda's distinction comes a year after a one-eyed Chihuahua named Princess Abby claimed victory. A pedigree Chinese crested won in 2008 and another Chinese crested and Chihuahua mix was the ugliest in 2007.

In past years, the winner's owner received \$1,000. THE ASSOCIATED PRESS

2
scene

Box office



Pixar Animation remains undefeated at the box office. Disney's sequel Cars 2 cruised to a No. 1 finish, with a \$68 million opening weekend. That means a 12-row win for Pixar since '95's Toy Story. Cars 2 nearly matched the \$68.1 million debut of Disney-Pixar's Up, but fell behind the \$110.3-million record for last year's Toy Story 3.

THE ASSOCIATED PRESS



La Toya Jackson says Michael feared he'd be killed over his catalogue. Scan this code or visit metronews.ca/scene for more news.



► The cast of Transformers: Dark of the Moon pose for a photo to promote the release of the third installment of the popular film series.

Film director in Moscow — to spite his grandpa

► Director jokes he has an old family feud to settle in the Russian capital ahead of the world premiere of Transformers: Dark of the Moon

ALYONA ZHIRIKOVA
SCENE@METRONWS.CA
METRO WORLD NEWS IN MOSCOW

Russian movie fans were the first to see the third installment of the Transformers franchise — Transformers: Dark of the Moon — a glammed-up, red carpet world premiere which opened the 33rd Moscow International Film Festival.

Stars from the \$200-million, high-octane 3D extravaganza gleefully soaked up the dizzying ambience of the Russian capital's cityspace, from the rooftop of the Ritz Carlton Hotel overlooking

Red Square and the Kremlin, especially Michael Bay.

"You know, my granddad was from Russia," the 46-year-old director of the series confessed to reporters. "My granddad always said nothing good would come out of me and that all my life I'd work as a PE teacher. And so to spite him, I am holding the premiere in Moscow."

At the global press junket it was the irresistible John Malkovich who received the most attention from the Russian press; Malkovich has registered a stream of visits to the country that he almost considered a part of Russia's movie stardom.

This time, the 57-year-old arrived in the company of a certain lady and two children.

"What will you show your kids in Moscow?" one reporter asked. Malkovich laughed off the question, preferring not to reveal too many secrets. "I didn't know that my kids were here," he said with a wry smile. "But if you see them around in the city, please tell them to urgently call me!"

But the Muscovite media circus wasn't done with their quizzing. Everyone was interested to know if Bay was not afraid

in shooting the third Transformers movie, after the second had been labeled worst movie of the year in many circles. "I find this particular question offensive, but nevertheless, I will thrive to answer it," Bay began. "Millions flocked to the theatres to see the second movie — not bad for the 'worst movie of the year,' right?" Then Bay parries the question.

"It's interesting — will the 'best movie of the year' be able to brag about something similar? As for the third movie, thanks to many innovations, has in my view turned out to be even better."

Fox fight



► Huntington-Whiteley

- Transformers 3 marks the cinematic debut for British model Rosie Huntington-Whiteley of Victoria's Secret lingerie.
- She replaces Megan Fox as Shia LaBeouf's love interest.
- Of the duo, LaBeouf says "Megan and Rosie are completely different. I like them both. We miss Megan, but with Rosie we have a completely different role, and she has handled herself excellently!"
- Huntington-Whiteley says she was thrilled to get the role. "I was ecstatic when they invited me to play in the movie. Everyone there was simply wonderful! They all helped so much!"

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Bollywood dazzles Canadian fans



► Priyanka Chopra performs during the 2011 International Indian Film Academy Awards ceremony in Toronto early yesterday morning.

► South Asian fest draws star-studded crowd, with Hilary Swank and Cuba Gooding Jr. among the eclectic mix

Bollywood bombarded its Canadian fans with a glittering, multi-coloured carnival of song, dance and glamour as India's star-studded version of the Oscars made its North American debut Saturday, capping the South Asian showcase with an appearance by U.S. actors Hilary Swank and a moonwalking Cuba Gooding Jr.

The five-hour bash, hosted by the International Indian Film Academy, paraded its biggest matinee idols in a boisterous spectacle that kicked off with a series of welcoming remarks and unscripted banter between Bollywood king Shah Rukh Khan and co-hosts Boman Irani and Ritesh Deshmukh.

It closed with a taste of Hollywood, as Slumdog Millionaire star Anil Kapoor escorted Swank on to the stage to present a best actor award to Bollywood king Shah Rukh Khan for the 9/11 melodrama, *My Name is Khan*.

"Namaste, Toronto. Na-

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maste, India. Namaste, world," Swank said.

"Hollywood and Indian cinema must bring the world closer together. I be-

lieve in IIFA's vision — one people, one world."

Later, Gooding broke in to an impromptu moonwalk before handing out a

best director trophy to Karan Johar for the melodrama, *My Name is Khan*, declaring he was enthralled by Indian cinema.

Bollywood legend honoured

He's been called a cinema legend and one of India's most famous cultural figures. Yet in North America, few outside the South Asian community react at the mention of Raj Kapoor.

A collaboration between the Toronto International Film Festival and International Indian Film Academy is aiming to change that. Raj Kapoor and The Golden Age of Indian Cinema opened TIFF's Bell Lightbox as the IIFAs wrap a star-studded weekend promoting Indian film.

The Kapoor clan has voiced its enthusiasm for the tribute. Actress Kareena Kapoor, one of the famous Kapoor grandchildren, told reporters that this year's IIFAs were very special because of the spotlight on her grandfather.

Raj Kapoor died in 1988 and is remembered as not only a hugely popular actor, but a respected producer-director of Indian films. **THE CANADIAN PRESS**



► Swank.

"I think it's absolutely wonderful how India has travelled the world of entertainment and I would love love to play and be a part of a Bollywood movie myself," said Gooding, who twirled for the fans.

The show capped a three-day campaign to deepen Bollywood's global fanbase with an annual celebration commonly known as the IIFAs.

Kapoor offered an enthusiastic greeting to the largely South Asian audience early in the night.

"For the first time in its 12-year history IIFA makes its North American debut and its biggest stars are you," Kapoor said in a mix of English, Hindi and Punjabi. "Thank you Ontario. Thank you so much for making us feel the warmth in Canada."

The weekend's events included a film festival, music workshop, business forum, fashion show and rock concert across the GTA. Canadian comic Tom Green and Indo-Canadian actress Lisa Ray were among the homegrown celebs to walk the red carpet. **THE CANADIAN PRESS**

Top winners

FRANK GUNN/AP/THE CANADIAN PRESS



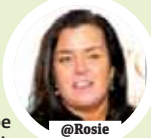
The International Indian Film Academy honoured Bollywood's best with prizes to action comedy Dabangg, and to the 9/11 film *My Name is Khan*.

- Best film: Dabangg
- Best director: Karan Johar, *My Name is Khan*
- Best actress: Anushka Sharma, *Band Baaja Baaraat*
- Best performance in a negative role: Sonu Sood, Dabangg
- Best supporting male: Arjun Rampal, *Raajneeti*
- Best supporting female: Prachi Desai, *Once Upon a Time in Mumbai*
- Best story: Shibani Bathija, *My Name is Khan*

Celebrity tweets



"signs u may not be doing well — ur shrink hugs u for a long time after ur session"



@Rosie



@victoriabeckham

"We took the boys to see Sing Along Grease at the Hollywood Bowl, it was AMAZING!!!!!"



@Pink

"sleep is overrated anyway"



@MissKellyO

"i think i have lost it! i have been walking around all day thinking it was friday!"

Did Lilo just drink tea?

Lindsay Lohan is speaking out after her most recent court appearance last week.

"I am responsible, and I'm following the rules and obeying my judge and the Los Angeles judicial system," the troubled actress, currently under house arrest, tells TMZ.

"I'd like to do what I

must to get my film career back and the respect of directors, actors, writers, studio heads, fans and so on."

While Lohan tested positive for alcohol earlier this month, she maintains it was due to her favourite kombucha tea, a fermented drink containing less than 0.05 per cent alcohol. **● METRO**

Bond star weds Rachel Weisz in secret ceremony

- The British actors had been quietly dating since last November
- The pair play a married couple in the unreleased film *Dream House*

Daniel Craig and Rachel Weisz reportedly tied the knot last week in a super-secret wedding, according to *People* magazine.

The stars' hush-hush ceremony in New York City was attended by just four guests, including Craig's 18-year-old daughter and Weisz's 4-year-old son.

The pair has never spoken publicly about their relationship, though rumours of their romance began shortly after Weisz's split from *Black Swan* director Darren Aronofsky last November. **● METRO**



► Daniel Craig

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- Snoop ft T-Pain - Boom
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- Adele - Rolling In The Deep
- Bruno Mars - The Lazy Song
- Pitbull ft Ne-Yo & Nayer - Give Me Everything
- Nicki Minaj - Super Bass

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► Elisabetta Canalis and George Clooney

Clooney called it off

George Clooney was reportedly the one who put a stop to his relationship with Elisabetta Canalis, according to Canalis' pal, *Che* editor Alfonso Signorini.

"From what I know it was him who dumped her and she stormed out of the villa. I've tried to get her on the telephone but it's switched off," Signorini said

in an interview on Italian TV show *Rai Uno* last week.

"It has come as a real surprise to me. They were getting on really well."

● METRO

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James Spader is reportedly set to join *The Office* after earning rave reviews for his appearance in the show's seventh season finale as one the many applicants vying for Steve Carell's character's old job, according to *Entertainment Weekly*.

"In the finale, he kicked ass," a source close to the show says.

"He was so funny and had this weird energy. We didn't want to pass it up."



● METRO

Stressed & pregnant

► As the pregnant wife of disgraced U.S. congressman Anthony Weiner, Huma Abedin has had a long few weeks ► It got us wondering: How does extreme stress affect one's baby-to-be?



► When pregnant, how much stress is too much?

SAM CASTONE
LIFE@METRONEWS.CA

METRO WORLD NEWS

U.S. congressman Anthony Weiner recently resigned from office after sending lewd comments and photos to young women — and lying about it after getting caught by the press.

It was a shocking fall for a brash but effective politician — shocking more so because his wife, Huma Abedin, an aide to Secretary of State Hillary Rodham Clinton, is reportedly in the early stages of pregnancy.

As parents, we won-

“Extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage.”

DR. ARI BROWN, PEDIATRICIAN AND CO-AUTHOR OF EXPECTING 411

dered what affect the ongoing stress of a scandal might have on her baby.

All the mom-to-be books say you should try to reduce stress during the nine months. “It takes extreme amounts of stress to affect a pregnancy,” says Dr. Ari Brown, a pediatrician and co-author of *Expecting 411*. “By extreme, this means

divorce, death of a family member, major financial disaster or loss of home by fire. The day-to-day stresses of a job or home life that most of us experience is not enough to worry about.”

Depending on your perspective, Weiner’s behaviour might fall into the “extreme” category.

“We all process stressful situations differently,” says Brown. “In the case of this particular situation, it is surely stressful for any pregnant woman to endure the emotional infidelity of her husband both privately and publicly.

“But, it would only be pure speculation how the two of them are handling this in the context of their relationship. And, frankly, it is none of our business!”

“What we do know medically,” Brown continues, “is that extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And

there may even be some evidence that it can lead to miscarriage.”

One study in 2008 showed there might be a link between maternal stress and schizophrenia later in life.

“Stress increases the release of a hormone called cortisol, which is currently being investigated as the link to miscarriage, preterm labour, and unfortunate pregnancy outcomes,” says Brown.

The moral of this story (and you don’t need a medical study to prove it): If you’re a father-to-be, don’t cheat on your wife!

3

life

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Trivial trinkets or just reward: Should new moms expect push presents?



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Trout gets colourful

► A fresh strawberry, yellow pepper and cucumber salsa makes a great companion for this grilled fish



► This recipe makes four servings.

Preparation:

1 In a medium bowl, stir together yellow pepper, cucumber, onions and coriander. In a small bowl, whisk together vinegar, oil, salt and pepper; pour over vegetables and gently stir to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in strawberries.

2 Fish: Brush trout with oil; sprinkle with salt

Ingredients:

- Half greenhouse sweet yellow pepper, finely diced
- Half greenhouse cucumber (unpeeled), finely diced
- 50 ml (1/4 cup) sliced green onions
- 30 ml (2 tbsp) chopped fresh coriander

and pepper. Place fillets, skin side down, on greased grill over low heat; close lid and cook until fish is opaque and flakes easily when tested with fork, about 15 mins. Do not turn. Insert spatula between skin and flesh, removing flesh and leaving skin on grill. (When grill cools, it will come off.) Serve with salsa. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

- 30 ml (2 tbsp) rice vinegar
 - 15 ml (1 tbsp) vegetable oil
 - Salt and pepper, to taste
 - 375 ml (1 1/2 cups) strawberries, hulled and diced
- Fish**
- 1 kg (2 lb) rainbow trout fillets (with skin)
 - Salt and pepper, to taste



► Low fat mayo and low-fat cottage cheese make these deviled eggs less fattening.

The not-so-sinful deviled eggs

► Healthy version makes them more angelic than devilish

Preparation:

1 Place eggs in a large saucepan and fill with cool water. Cover pan and bring to a boil over medium-high heat. Remove pan from heat and let sit for 15 minutes. Drain hot water, leaving eggs in pan. Fill pan with cold water and a cup of ice. Let eggs cool completely.

2 In food processor, combine cottage cheese, mayonnaise, mustard, vinegar and horseradish. Purée until smooth. Set aside.

3 Peel eggs; keep intact. Slice eggs in half lengthwise. Retain whites. Discard half of the yolks.

4 In a medium bowl, mash remaining yolks. Add puréed dressing mixture and relish. Stir to combine, then season with salt and black pepper. Using a pastry bag or a zip-close bag with the corner cut off, or using a spoon, refill wells in the egg whites. Garnish tops with a sprinkle of smoked paprika and some chopped chives. **THE ASSOCIATED PRESS**

Ingredients:

- 12 large eggs
- Ice
- 125 ml (1/2 cup) low-fat cottage cheese
- 45 ml (3 tbsp) low-fat mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- 10 ml (2 tsp) cider vinegar
- 15 ml (1 tbsp) prepared horseradish
- 15 ml (1 tbsp) sweet pickle relish
- Salt and ground black pepper, to taste
- Fresh chives and smoked paprika to garnish

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Gardening economics

► Rising food prices, food safety concerns keep gardening boom going ► How to learn from it

Many of the millions of North Americans who turned to gardening to save money during the recession appear to be sticking with it during the recovery as food prices remain high and interest in safe, fresh and local food grows nationwide.

Forty-three million U.S. households planned to grow at least some of their own food in 2009, a 19 per cent increase from the estimated 36 million who did the year before, said the National Gardening Association, citing the most recent figures available. Spending on food gardening — including growing vegetables, fruit trees,

berries and herbs — jumped 20 per cent in one year to \$3 billion in 2009 and stayed at that level last year, said Bruce Butterfield, research director for the non-profit association.

"It's a perfect storm for food gardening," Butterfield said, noting the downturn coincided with growing interest nationwide in eating locally produced food.

While the recession started in December 2007, he said the economy really "tanked" at the end of 2008, fuelling the gardening boom the following year. Butterfield said he expects the trend to continue with the U.S. Department



► Harvesting your own food can help save money.

of Agriculture's switch from a food pyramid representing its nutritional guidelines to a plate encouraging people to eat more fruits and vegetables, and people spending more time at home, either

because they're unemployed or avoiding expensive vacations.

"A lot of folks, I think they kind of look at the evening news or read the paper or read something online, saying 'Jesus, this

world is out of control and I can't have any influence on what happens out there but, by God, I can control what happens in my backyard,'" he said.

Seed supplier W. Atlee Burpee & Co. said its sales

of vegetable seeds and starter plants have jumped substantially in the past several years, with 30 per cent growth in 2009, 15 per cent to 20 per cent growth last year and another bump in March. The company based in Warminster, Pa., speculated recent rises in gas and produce prices have prompted more people to try to save money by growing their own food.

Ann Janda, 43, of Hinesburg, Vt., estimated gardening saves her and her husband \$75 a month on groceries about eight months out of the year. They rarely buy any vegetables from June to August, relying on their five-by-16-metre garden to feed them. In the fall, they use tomato preserves for a lot of what they cook.

THE ASSOCIATED PRESS

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metro

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► Sambro has become a popular bedroom community for Halifax commuters, but fishing is the mainstay.

About Sambro

Today Sambro is a small fishing community at the mouth of Halifax Harbour, but it has a long and storied history.

- It was settled by 26 families shortly after the founding of Halifax in order to guard against a French surprise attack by sea.
- Sambro has seen a number of major shipwrecks throughout its history and was even the scene of a naval battle during the American Revolution when a British ship battled an American privateer off Sambro Island.
- It also played a part in the history of the American Civil War when a group of Confederate sympathizers stole the American steamer Chesapeake and sailed it to Sambro Harbour, where it was captured by American warships.

● TOM MASON

Township earns a little respect

- Despite getting a bad rap for many years, Spryfield is a close-knit community with affordable housing
- Close to nature and downtown Halifax ► More businesses are setting up shop in this growing community



As a place to live and work, the community of Spryfield has just about everything, says area councillor Steve Adams — great schools and recreational facilities, affordable housing, close-knit, caring neighbourhoods and an enviable geographic position that's just minutes from downtown but still close to the great outdoors. There's just one thing missing — respect.

"Spryfield gets more than its fair share of bad publicity in the local media," Adams laments. "If a crime takes place in Clayton Park or Armdale, the media usually reports it just as 'Halifax.' But if it happens in Spryfield, our name is in the headline every time." That creates the misconception that Spryfield has a higher crime rate than other parts of the city, even though statistics clearly show the opposite is true.

Adams says there are

plenty of things that Spryfield has to be proud of — things like the oldest Santa Claus parade in Atlantic Canada that's larger than the annual Halifax Parade of Lights. And a large wilderness provincial park, Long Lake Park, that lies within the community's limits.

"We've got one of the largest municipal rivers in Halifax — MacIntosh Run — running through our community, and it's clean enough to have trout in it. We've got enough schools

so that most children are close enough to walk to school every day. You can buy a home in Spryfield for around \$210,000 or \$220,000 that would cost a lot more and have fewer amenities in most other parts of the city. We've got excellent transit routes and we're only 15 minutes from downtown Halifax."

The flurry of new construction that's been taking place in recent years bears out the fact that Spryfield is a popular and growing community, says

Adams. "If you look at the development that's going on in the community — we've got a new Canadian Tire store, a new Shopper's Drug Mart, a brand new McDonalds that just opened up in the last year. It shows that these companies have confidence in Spryfield. They see this as a great place to do business."

Ironically, Adams says the very bonds that hold Spryfield together may be the main contributor to the false stereotype that

has plagued the community for years. Unlike other communities that have been absorbed by Halifax, Spryfield has retained the uniqueness and independent community spirit that set it apart.

"We're such an identifiable community within HRM that it's easy to single us out when things happen here. We need to be singled out for the right reasons a little more often. There are a lot of great things happening in Spryfield."

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A vital link in the city's history

Once a farming community, Spryfield also supplied fresh water and building stone to burgeoning Halifax



The granite-strewn uplands of Spryfield began as a farming community that supplied produce, meat and dairy products to the burgeoning city of Halifax.

In 1767, a local baker from Halifax named Henry Leiblin became the first European settler in the area when he received a grant of 500 acres in the semi-barren wilderness on the western shore of Halifax Harbour.

Three years later another settler, Captain William Spry, who was the chief military engineer in Nova Scotia, carved out the first farm on Leiblin's grant, a place that quickly became known as Spry's field.

In 1848 Spryfield began to supply another vital commodity to the city — fresh water — when Long Lake became Halifax's first reservoir, a role it would play until 1966.

Spryfield also became



Despite being just a short drive from downtown Halifax, Sambro maintains its character as a working fishing community.

the source of local building stone in 1861 when William Yeadon Jr. established a quarry near what is now the corner of Old Sambro Road and North West Arm Drive. Many of the late 19th century buildings in Halifax were built with Yeadon's stone.

The community contin-

ued as a farming centre well into the 20th century. In the 1950s, operations such as the Rockingstone, Hyland, Roach and Drysdale Dairies still supplied milk and butter to Halifax, and even today pockets of farmland and uncleared wilderness exist in the heart of urban Spryfield.

In 1969 the city of Halifax annexed the community and new infrastructure — paved roads, sewer and water lines, sidewalks and grocery stores — were built in the area. Today, despite amalgamation, the community remains one of the most unique and independent parts of HRM.

The Sambro Light

A casual look at the bubbling shoals that surround tiny Sambro Island make it obvious why the Sambro Light was once so vital to local navigation.

A stone lighthouse was established on the island in 1758, just nine years after the founding of Halifax, to guide ships into the mouth of Halifax Harbour.

The original light remained there until 1906 when it was replaced with the one that stands there today. Today the distinctive red-and-white striped lighthouse is the oldest surviving lighthouse in North America and is protected as a Canadian National Historic Site.

TOM MASON

H.M.S. Tribune

- On a cold November morning in 1797, the frigate Tribune ran aground at the mouth of Halifax Harbour.
- As night fell, the swelling tide freed the ship from her prison and a rising gale blew her toward the rocks at the mouth of Herring Cove. Her rudder and most of her starboard planks had been smashed

to pieces and despite the crew's frantic efforts, the ship missed the entrance to Herring Cove and crashed on the rocky point that still bears the name Tribune Head.

- Most of the 250 people on board perished quickly in the freezing water. The next morning a young boy named Joseph Shortt launched a boat to save the remaining crew members, 12 of whom were still alive.

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A hiker's paradise

► The Spryfield area has a wealth of parks ► Rocking Stone Park offers a sandy beach and granite barrens ► Long Lake is a popular place to hike



In the days before automobiles, an unassuming lake in the heart of Spryfield was the eco-tourism destination of choice for hardied Halifax city dwellers.

The Rocking Stone was a huge boulder, estimated to weigh 162 tons, that when levered in the proper way rocked back and forth. The chunk of granite left over from the last ice age was one of the great natural attractions of Maritime Canada in the 19th century.

In an age when an hour's drive takes you to the tides of the Bay of Fundy, or a few hours on a plane brings you to Niagara Falls or the Rocky Mountains, the Rocking Stone

has lost much of its cachet. Today most Haligonians don't even know it exists. Regardless, much of the area around the Rocking Stone and Kidston Lake has been set aside as a public park, perhaps the wildest municipal park within sight of urban Halifax.

In winter, Rocking Stone Park is a great place to skate or snowshoe. In summer, its sandy beach and warm lake water are the attraction. The scenery is striking any time of year. But the main attraction for the serious hiker is the access the park provides to the granite barrens, an area of land that covers most of the Halifax Peninsula.

The Spryfield area has a wealth of parks and hiking trails ranging in size from

Roaches Pond Park along the banks of MacIntosh Run to giant Long Lake Provincial Park.

Long Lake is one of the province's newest provincial parks, and the closest to Halifax. It lies at the site of Halifax's first water supply reservoir — a large tract of land that escaped the development of other parts of the city. Since it became a park in the 1980s it has quickly become one of Spryfield's most popular places to hike.

The trail that winds from Duncan's Cove to Ketch Harbour is even more spectacular. The trail crosses the headland at the mouth of Halifax Harbour, at a point where the harbour is 12 kilometres wide. In clear weather a hiker

can see from Sambro Island to the faint outline of Three Fathom Harbour and watch giant container ships as they make their way into the Port of Halifax.

Crystal Crescent

► On non-foggy days, Crystal Crescent Beach is a dramatic spot, with the Sambro lighthouse in the distance and waves breaking on a profusion of shoals and rocks. A maze of trails cuts through the area and low scrub makes exploring without a map fairly safe.

► It's a great place for picnics, suntanning and even taking a swim, if you don't mind cold water.



► The Rocking Stone was a tourist draw in the 19th century.



► Crystal Crescent Beach is a popular summer escape.

TOM MASON PHOTO

TOM MASON PHOTO

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The heart of Spryfield

Sometimes a community centre manages to be many things at once, and that sentiment applies to the Captain William Spry Community Centre.

On the banks of Spryfield's MacIntosh Run, the centre includes a branch of the Halifax Regional Library, fitness centre, skateboard park, meeting facilities and the popular Spryfield Lions Wave Pool. "We've got something for everyone from pre-

schoolers to adults, things like youth after-school drop-in programs, summer day camps, swimming and fitness programs, dance programs and summer leadership programs for young people," says Karen Lowery, who manages dry land programs.

One of the centrepieces of the facility is the elaborate concrete skateboard park that includes ramps, banks and even a staircase and railing for pulling off

big tricks. To make the most of it, the Spry Centre offers programs that give budding Tony Hawks the chance to learn the sport of skateboarding from the ground up.

In addition, the Spry Community Centre takes its popular youth programs out on the road into other parts of the local community, covering "the loop" that runs from Spryfield to Sambro to Harrietsfield. ● TOM MASON



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Urban farm keeps local heritage alive



TOM MASON PHOTO

► The Spryfield Urban Farm keeps the rich history of agriculture alive in the community.

► Right in the heart of Spryfield is a working farm and community garden with Halifax's only legal outhouses



It's a surprising site — a plot of productive farmland nestled in a grove of trees, surrounded by one of the fastest-growing subdivisions in Spryfield.

The Spryfield Urban Farm lies just a stone's throw away from a busy shopping mall and local school, and yet it seems like a place frozen in time. A place where carefully tended rows of garden beds grow everything from rhubarb and apples to corn and carrots.

The garden is the showpiece of the Urban Farm Museum Society of Spryfield (UFMSS), a group that

formed in 1998 to keep the rich history of agriculture alive in the community.

The society was the brainchild of local MLA Michele Raymond who started it with support from gardening author Marjorie Willison and Spryfield Heritage society member Pat MacLean.

"It was important to find some way to preserve our farming heritage," says MacLean, "because that's what Spryfield was. We were a farming community in the early days."

The three-acre farm that forms the main garden was donated to the UFMSS by Janet Kidston. Before that it had been a part of her family's farm since 1823.

Garden project

► The UFMSS supports a number of community garden-related projects including the free "Come Grow With Us" program that teaches school children and adults about gardening skills. Children as young as eight are given their own plot of land, where they can grow vegetables and take them home to their families.

► The farm has a special agreement with the city that allows farm animals on the property from time to time, and also has the only legal outhouses in metro Halifax.

A piece of history

Throughout the history of Halifax, the high cliffs of York Redoubt guarded the entrance to the harbour.

During two world wars, York Redoubt and nearby Sandwich Battery operated as a huge military complex, with gun emplacements and watchtowers buried in the hill. The fortress served as a line of last defense against an invasion of the port and also guarded the submarine net stretched across the harbour.

Today the fort is a popular tourist attraction with interpretive displays that tell the story of the Halifax fortifications.

The road that runs to the harbour below York Redoubt once connected a network of fortifications,



TOM MASON PHOTO

► York Redoubt once guarded Halifax Harbour.

but now is a road to nowhere — perfect for a stroll on a summer day.

During World War II this was a battery of heavy shore guns and searchlights. Old electrical boxes still have wires attached, harking back to days when these dim tunnels were bathed in electric light.

Beyond the abandoned battery, a small path along the waterfront leads to a sniper's nest carved into the granite, half hidden in the trees. Beyond that lies Sandwich Battery, a World War II-era complex with observation platforms and gun emplacements sunk into the rock. ● TOM MASON



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4
sports

More sports



Former Halifax Mooseheads star Alex Tanguay inked a new five-year, \$17.5-million contract extension with the Calgary Flames on the weekend. The 31-year-old left-winger revived his career last season with 22 goals and 47 assists for 69 points in 79 games with the Flames on a one-year, \$1.7-million contract. Tanguay spent three seasons with the Mooseheads in the late 1990s.

Golden. Weekend



► Jenna Martin, left, of Bridgewater runs to victory in the women's 400-metre event at the Canadian track and field championships in Calgary on Saturday.

JEFF MCINTOSH/THE CANADIAN PRESS

Martin races to Canadian title

Jenna Martin, a 23-year-old NCAA senior with the Kentucky Wildcats, won gold in 51.95 seconds in the 400 metres. Also making the podium on the weekend were New Glasgow's Leanna MacLean, who took bronze in the women's 800, and Kentville's Chris Theriau, who netted silver in the men's 110-metre hurdles.

Music to Andrews' ears

- Brent Andrews one of two Mooseheads selected at NHL draft
- Alexandre Grenier goes in third round, 90th overall, to Vancouver



MATTHEW WUEST
@METRONEWS.CA

Brent Andrews really didn't care who selected him on Saturday, as long as he got picked before the end of the NHL entry draft.

While he got his wish, going 202nd overall in the seventh round to the Nashville Predators in St. Paul, Minn., he realized that going to the Music City — the heartland of country music — was a perfect fit.

"I was happy wherever, but the thing that singles Nashville out over other cities is that I'm a big fan of country music," said Andrews, who lists Brad



► Brent Andrews

Paisley as his favourite artist. "When I saw I went to Nashville, I was just ecstatic."

The 17-year-old from Hunter River, P.E.I., didn't

"Leading up to the draft, I got on the ice a bit in case the opportunity arrived, I'd be ready and not be a complete mess on the ice when I got there."

BRENT ANDREWS ON HIS PREPARATION FOR THE PREDATORS' PROSPECT DEVELOPMENT CAMP

attend the draft, instead opting to follow it online from home. The Predators called him 10 minutes after the draft ended and informed him he'll be leaving today to hit the ice at the team's annual

development camp.

"I'm pretty overwhelmed right now, but I'm still excited," Andrews said.

The six-foot-two, 197-pound centre is expected to spend the next two seasons with the Mooseheads. The Predators retain the right to sign him until June 1, 2013.

"My foot's in the door," Andrews said. "It's just a matter of what I do now from here on in. Hopefully I can make an impression on them and maybe they'll like me enough to keep me around. It's a couple of big years ahead. I have to work hard and hopefully it will work out."

Shaw drafted by Panthers

Glace Bay's Logan Shaw was the lone Nova Scotian selected in the NHL entry draft on the weekend.

The Cape Breton Screaming Eagles forward went in the third round, 76th overall, to the Florida Panthers, a team he has a special connection to.

"It was the very first jersey I wore as a kid," Shaw told reporters after being drafted. "My mom bought me it when I was a baby. It's a nice jersey, a nice team, nice organization and nice spot, so I'm happy to be there."

"I'm extremely excited," he added. "This is the team I was looking forward to going to. I met with the organization a couple of times and I was pretty excited coming into the draft."

● METRO/CAPE BRETON POST

Sports in brief

Dundee's Carter wins rainy tourney in Bridgewater

GOLF. Leon Carter of Dundee eked out his second straight Nova Scotia Gold Association mid-amateur championship yesterday.

Carter took the rain-shortened, 36-hole event at the Osprey Ridge Golf Club in Bridgewater, following up his three-under 69 in Friday's opening round with an even-par 72 for a one-stroke edge over runner-up Greg Black of Granite Springs.

Carter will captain the Nova Scotian entry at the national championship starting Sept. 5 in Uxbridge, Ont. Aaron Nickerson of River Hills and Rich Hope from Brightwood earned the other spots.

● METRO

A goal, but no win

► Christine Sinclair gets ball into German net, but Canadians drop World Cup opener 2-1 to two-time defending champions in Berlin

She busted her nose and then bent it like Beckham. And then simply for effect, Canada's star striker Christine Sinclair blew a kiss to her coach.

Sporting a crooked nose and a well-deserved black captain's armband, Sinclair scored Canada's lone goal on a lovely bending free kick yesterday as the sixth-ranked Canadians opened the 2011 Women's World Cup with a 2-1 loss to two-time defending champion Germany.

"That's Sinky," said Canadian striker Melissa Tancredi. "She plays through anything, which is what a captain should do."

Sinclair's goal in the 82nd minute — No. 117 of her illustrious career — marked the first the mighty German side had conceded in a World Cup tournament since 2003. It also came 34 minutes after Canada's powerful five-foot-nine striker was knocked to her knees, plowed in the face by an elbow from Babett Peter.

"I looked at (Sinclair) — she takes the front post on corners — and thought, 'Oh my. Her nose is like a big zig-zag,'" said Canada's goalkeeper Erin McLeod. "I said, 'Do you really want to



► Canada's Christine Sinclair scores with a free kick against Germany yesterday.

still be here?' And she said, 'Yeah, I got it.'

"She's tough. She wears the armband for a reason."

The 28-year-old Sinclair was down on all fours on the Olympiastadion grass for several minutes after the harsh blow, for which no foul was given, and then was helped to the sidelines where she argued with a Canadian medical official to let her go back into the game. She swatted away his hand and said, "I'm fine. Don't touch me."

2	1
GERMANY	CANADA

Canada's coach Carolina Morace was advised to pull her out of the game, the medical official bending Sinclair's nose to display the damage. But the Burnaby, B.C., native was back in the game moments later, and Morace has no doubt

her gutsy captain will be back on the pitch Thursday when the Canadians take on France.

"What do you think? If she played today with the nose broken, do you think I can take her off the field next time?" the Italian coach said with a laugh.

Sinclair was sent to a nearby Berlin hospital immediately after the game, and Morace said she'll likely wear a protective mask in the next game.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

Romero a double threat in St. Louis

The Toronto Blue Jays expected Ricky Romero to go deep into the game. Getting a major contribution from his bat was a huge bonus.

Romero threw a four-hitter for his second career shutout and helped break it open with his first career hit as the Blue Jays whipped the St. Louis Cardinals 5-0 yesterday for a three-game sweep.

"I'm not a good hitter," Romero said. "So it definitely feels good to help myself out in that situation."

J.P. Arencibia homered and Yunel Escobar had two hits and an RBI for the Blue Jays, who had lost four in a row before arriving at Busch Stadium. All three starters worked at least six innings for Toronto, which climbed back to .500 and earned its first series sweep since May 13-15 at Minnesota.

Manager John Farrell said he anticipated in spring training that Romero would assume a leadership role in the rotation, and hasn't been disappointed.

"He's the lead guy and guys follow his example," Farrell said. "He's on a very good run in terms of total innings pitched, but yet you look at total number of pitches thrown, he's been very efficient for the better part of two months."

THE ASSOCIATED PRESS

Sports in brief

Smyth's Oilers wish granted

NHL. Ryan Smyth was traded back to Edmonton yesterday by the Los Angeles Kings for forward Colin Fraser and a seventh-round draft choice in 2012. Smyth started his career with the Oilers in 1994-'95 before

being dealt to the New York Islanders in February 2007. THE CANADIAN PRESS

Inglorious captures plate

HORSE RACING. Sitting 10th through three-quarters of a mile, Inglorious showed a fabulous late kick to capture an impressive 2½-length win in the \$1-million Queen's Plate in Toronto yesterday.

THE CANADIAN PRESS

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\$14,985
AFM Motor **MART - 407-4200**

2009 Ford Ranger Ext Cab
6cyl. Auto, A/C, 4x4,
115k kms
Stock #U86139

\$15,985
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General Help

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Stock #U86217

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6cyl. 5 speed, Loaded, Cloth
13,000kms
Stock #U86149

\$24,985
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2006 Dodge Caravan SE
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STK# 11GV3747A
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2010 Mazda Tribute GS
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ONLY 25KMS

STK# CH362036A
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22009 Ford Escape Limited
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roof & more
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STK# 11U0769AA
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Saturday 8-2

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Only 21kms

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2007 Honda Civic DX
Auto, ac, pw, pl
Only 55kms

STK# 11T1146A
Just \$12,977 or \$69 WEEKLY

2007 Dodge Grand Caravan SE
Only 92kms

STK# 11JU2753AA
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2009 Hyundai Santa Fe
3.3L, auto, fully equipped
Only 57kms

STK# 11GV7010A
Just \$19,995 or \$85 WEEKLY

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5.7L HEMI, 4X4, Quad Cab, new tires
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STK# CH541662
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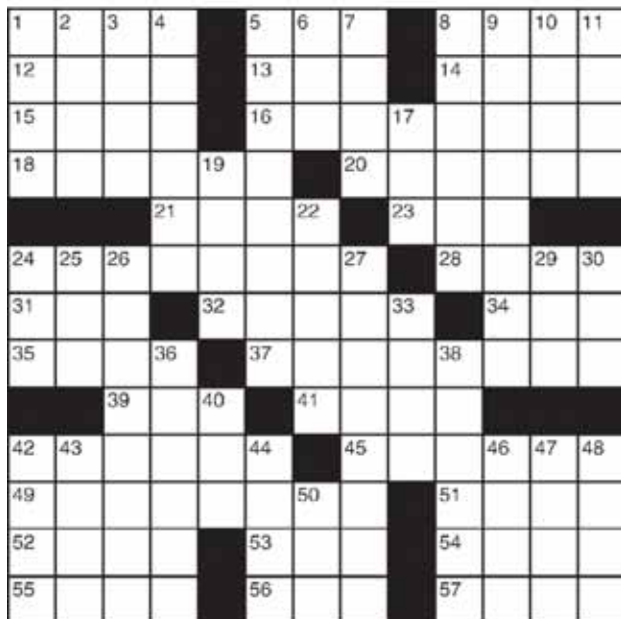
Crossword

Across

- 1 Forum garb
- 5 Life story, for short
- 8 Snake's tooth
- 12 Grand tale
- 13 Conclusion
- 14 Operatic rendition
- 15 Painter Chagall
- 16 Being philanthropic
- 18 Dull indifference
- 20 Soda-shop treat
- 21 Dire prophecy
- 23 Two fives
- 24 Try
- 28 Antelope's playmate
- 31 Meadow
- 32 Weary
- 34 Firmament
- 35 Departed
- 37 Check beneficiary
- 39 Dandy
- 41 Garbage barge
- 42 Anchored
- 45 It gets the lead out
- 49 Ingratiated
- 51 Staff member?
- 52 Use a teaspoon
- 53 Eggs
- 54 Two-way
- 55 14-Across, e.g.
- 56 Apiece
- 57 Partner in wartime

Down

- 1 Office part-timer
- 2 Colorful fish
- 3 Child without a Y chromosome
- 4 Give consent



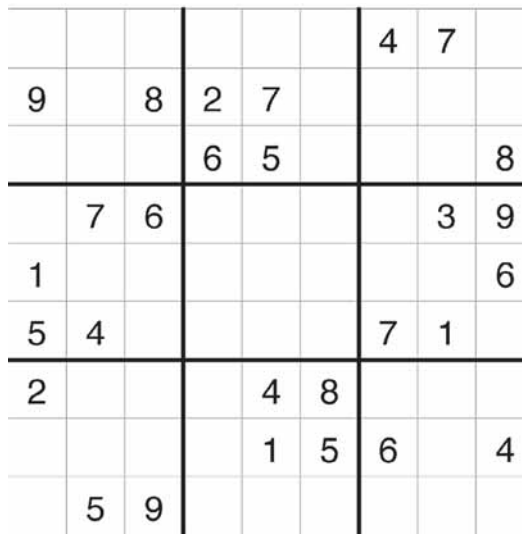
- 5 2007 film featuring Seinfeld's voice
- 6 Hostel
- 7 Probability
- 8 Was obsequious
- 9 Sahara-like quality
- 10 1492 ship
- 11 "Eleni" author Nicholas
- 17 See 29-Down
- 19 Capricorn
- 22 Early periods
- 24 Right angle
- 25 Born
- 26 Jonquil's cousin
- 27 Fragrant wood

- 29 With 17-Down, supplement
- 30 Deli bread
- 33 Entrance
- 36 Matador
- 38 African nation
- 40 Carrot companion?
- 42 Disarray
- 43 Aware of
- 44 Let fall
- 46 "Heart and —"
- 47 List-ending abbr.
- 48 Depend (on)
- 50 First lady

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	1	8	7	4	6	3	9	5
3	7	4	9	5	1	2	8	6
6	9	5	2	3	8	1	4	7
7	4	9	1	2	3	5	6	8
5	3	1	6	8	7	9	2	4
8	2	6	5	9	4	7	1	3
1	6	3	4	7	9	8	5	2
4	5	7	8	1	2	6	3	9

Yesterday's answer ►

Today

22°/14°
Variable

Tuesday

24°/13°
Mainly sunny

Download WeatherEye
to your smartphone.

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Today's horoscope

♈ Aries March 21-April 20 The more you go out of your way to be nice the more they will go out of their way to be nice to you
♉ Taurus April 21-May 21 Keep important information to yourself today
♊ Gemini May 22-June 21 Mars in your sign gives you the power to make things happen
♋ Cancer June 22-July 22 Promise yourself that whatever happens today you won't get upset about it
♌ Leo July 23-Aug. 23 Some people are simply too stupid to understand why you are angry about an issue
♍ Virgo Aug. 24-Sept. 22 It's important that you give those around you the impression that you know what you are doing, even if you are as lost as they are
♎ Libra Sept. 23-Oct. 23 Don't let your workload get any heavier than it is now
♏ Scorpio Oct. 24-Nov. 22 The approaching solar eclipse in your fellow Water sign of Cancer will kick-start your summer.
♐ Sagittarius Nov. 23-Dec. 21

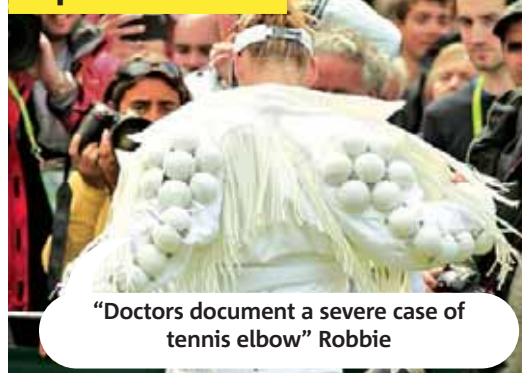
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♍ Virgo Aug. 24-Sept. 22 It's important that you give those around you the impression that you know what you are doing, even if you are as lost as they are
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♏ Scorpio Oct. 24-Nov. 22 The approaching solar eclipse in your fellow Water sign of Cancer will kick-start your summer.
♐ Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

You can persuade almost anyone to do almost anything for you today
♊ Gemini May 22-June 21 The emphasis now is very much on joint activities,
♋ Cancer June 22-July 22 Anyone who is fortunate enough to be in your good books will be left in no doubt at all that they are special.
♌ Leo July 23-Aug. 23 Both success and failure are there to be learned from.
♍ Virgo Aug. 24-Sept. 22 Both success and failure are there to be learned from.
♎ Libra Sept. 23-Oct. 23 Both success and failure are there to be learned from.
♏ Scorpio Oct. 24-Nov. 22 Both success and failure are there to be learned from.
♐ Sagittarius Nov. 23-Dec. 21 Both success and failure are there to be learned from.
♑ Capricorn Dec. 22-Jan. 20 Both success and failure are there to be learned from.
♒ Aquarius Jan. 21-Feb. 18 Both success and failure are there to be learned from.
♓ Pisces Feb. 19-March 20 Both success and failure are there to be learned from.
♈ Aries March 21-April 20 Both success and failure are there to be learned from.
♉ Taurus April 21-May 21 Both success and failure are there to be learned from.
♊ Gemini May 22-June 21 Both success and failure are there to be learned from.
♋ Cancer June 22-July 22 Both success and failure are there to be learned from.
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♒ Aquarius Jan. 21-Feb. 18 Both success and failure are there to be learned from.
♓ Pisces Feb. 19-March 20 Both success and failure are there to be learned from.

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Caption contest



"Doctors document a severe case of tennis elbow" Robbie

Send a KISS

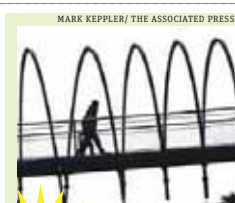
You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

inmydreams miss you - nothing more to say. FROM YOURGIRL

None Bunnz - You are a bunny and I am a vampire. I'm sorry timespace has conspired against us. One day we will be one. FROM ANDRACULOS

Lov lo..agree. looking forward for that evening. take care of yourself 4me. and know that i am only yours. love u and miss u. FROM SOULMATE

munchkin sweetpie..the only answer is 2gethernes now. more ...better 4 both - me find date+++time u find place where v can spend an eve 2gether, just th 2 of us//lov u//email??// FROM PIE



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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